

## INTERSTELLAR

By Lorraine Viade, PsyD



*Interstellar* is a visually mind-blowing film from director Christopher Nolan that takes us where no other outer space movie has gone before. It takes on an amazing journey inside the very essence of time and space. All this time we think that the answers are out there, when really, they are within each of us. Genetically, spiritually, emotionally, perceptually, we create our reality. *Interstellar* reminds us that we are as much a force of creation as any other. Matthew McConaughey plays a beleaguered pilot fatefully burdened with the minor task of saving the world. Seen it before? *Armageddon*, you say? *Gravity*, perhaps? No, I don't think so. While both of those offered great entertainment in terms of saving the world and the survival instinct, *Interstellar* goes far beyond either of these other movies in terms of premise, performance and production. It is the next step in the evolution of this genre.

*Interstellar* is a quantum leap into places that only the astrophysicist had been privy to before. What would we do if we knew we could travel across time? How could we do it? Are there other dimensions we cannot see but that can be felt? Is there life after life? No matter where your beliefs lie in terms of where we go after we die, ghosts are all around us. They are in the matter of the universe. How past, present and future are inextricably bound to one another is the ultimate scientific question, and yet it is faith that provides the answer. I will not spoil the ride for you. Suffice to say that it is definitely worth taking in IMAX if possible.

*Interstellar* is about love, the fate of our planet and why people risk everything to go where no one has gone before. It is the same reason we love *Star Trek* and *Star Wars*. We don't want to believe that we are alone in the galaxy. We wonder if we ruin the earth, could we find another and if not, then what? As a species, we humans have exacted a great toll on planet earth. Eventually, we may become extinct but until then we will look to the skies as we always have for evidence that others can be known to us. *Interstellar* takes time to tell the story, but I think when you have a vision as clearly Nolan does, it is worth taking the time to unfold. What are three hours when there are light years to consider? For this one, I would get the small drink if I were you. *Interstellar* is a bit too cerebral for younger kids unless you have a science geek like me in your family. I was one of those who loved science fiction and am happy to see some of what I saw as a child become science fact. Beam me up for more movies like *Interstellar*.

I give *Interstellar* five astronauts.

